

English exam

The Importance of Sport for The Children's Health Sport helps children to develop both physically and mentally. Physical activity should be part of our daily life. Practicing any kind of sport from an early age helps children in many ways, for example, group activities improve interaction and social integration. It also improves the mental level and promotes a healthily lifestyle in adulthood, as the habits we acquire as children are often to stay.

Sports have multiple healthy benefits. If we talk on a psychological or personality level, sports activities (especially those done in groups) help children to strengthen their social self-esteem, and allow them to understand the importance of having and respecting the rules. Another aspect to consider is what type of sport or activity will suit best the child considering his/her conditions and abilities. A more timid and shy child is likely to get better at a sport where she/he has to relate to peers.

To a more active one, an individual sport such as tennis can help better develop her/his ability to concentrate. One of the perhaps most relevant issues is the importance of physical exercise, not only in children but also in young and old people, because moderate daily physical exercise helps prevent overweight and obesity.

Taking into account the growth of the percentage of children and young people with obesity and overweight in the Western world, the inclusion of sport in the family routine becomes almost mandatory. Sport can also have the power to help us rest. For all those fathers and mothers of active children, try to get them to run every day playing soccer, or swimming or any other activity that keeps them physically active. They will fall asleep in bed in a matter of seconds and you, dads and moms, too.

Adapted from: <http://www.oblumi.com/blog/the-importance-of-sport-for-the-children-s-health/>

I. Reading comprehension: (10pts)

1. Say whether the following statements are true or false: (3pts)

- Practicing physical activities is more benefic in adulthood than childhood . (false)
- Physical activity should be occasional. (false)
- obesity and overweight have a great percentage in western world . (true)
- getting a high social self-esteem is one of the multiple healthy benefits . (true)

2. According to the text :

- What are the psychological and social benefits of sport? (2pts)
 - help children to strengthen their social self-esteem
 - allow them to understand the importance of having and respecting the rules.
- What are the advices given to fight against obeseity and overwheght in western world? (2pts)
 - try to get children to run every day playing soccer, or swimming or any other activity that keeps them physically active
 - the inclusion of sport in the family routine becomes almost mandatory.

3. Find in the text the synonym of the following terms: (2pts)

Improve =develop /strengthen /

Integration=interaction

4. Choose the appropriate title.

(1pts)

-sport benefits

-obesity in western world

-sport and drugs

II. Mastery of language:

(6.5pts)

1. **Complete** these sentences, using the comparative form of the adjectives given. (4pts)

Example : It's **hotter**.. here than in London, (hot)

She's **.more imaginative..** than her brother, (imaginative)

- He's than all the other students, (old)
- **He is older than the other student.**
- He's than he was a year ago. (healthy)
- **He is healthier than he was a year ago.**
- I'm sure I'll find New York than Houston.(exciting)
I am sure I will find New York more exciting than Houston.
- He thinks Charlie Chaplin is than Mr Bean, (funny)
He thinks Charlie Chaplin is funnier than Mr Bean.

2. **Write the correct reflexive pronouns for these sentences.**

(2,5pts)

1. I like to wake up myself up in the morning with a cup of coffee.
5. After his accident, Philip drove **himself** to the hospital.
8. 'Should I apply for the job?' she asked **herself** .
9. We're planning **ourselves** to buy a new television.

I. **Written expression:** (3.5 pts)

Complete each sentence with the appropriate word:

(court,whistle,racket, running shoes,gloves,spectators,net)

- The people who watch a football match are the **spectators** .
- Athletes wear **running shoes** .
- In volleyball ,there is a **net** across the middle of the court.
- The referee in football has a **whistle** .
- Boxers wear **gloves** .
- Tennis played in a **court** .
- For tennis you need a **racket** .

Good Luck